



Parkinson's Disease Research Education & Clinical Center  
PADRECC Southeast/Richmond



## 2016 EDUCATION & SUPPORT GROUP for People with PARKINSON'S DISEASE and their families

<b>Thursdays 1 - 3 pm Room 2K113</b>	<b>TOPIC and SPEAKER – 1<sup>st</sup> hour</b>
<b>January 28</b>	<b>PD 101: The Basics and Beyond</b> – Debbie Dellinger, MSN, ACNP-BC, PADRECC Nurse Practitioner, McGuire VAMC
<b>February 25</b>	<b>Duopa, a new form of carbidopa/levodopa delivered by pump, for treating motor fluctuations</b> – Joe King, Abbvie & Dr. Jessica Lehosit, PADRECC
<b>March 24</b>	<b>Tai Chi</b> – Deb Daimaru and Grenay Williams, Kinesiotherapists, Physical Medicine and Rehabilitation Department, McGuire VAMC
<b>April 28</b>	<b>Mindfulness</b> – Therese Cash, PhD, Psychologist, Mental Health, McGuire VAMC
<b>May 26</b>	<b>LSVT BIG Therapy and Parkinson exercise services at The Gait Center</b> - Leisl Hymes, PT, DPT, Physical Therapy, Lawrence Gait Center, Richmond
<b>June 23</b>	
<b>August 25</b>	<b>Patient Advocate Program, a no-cost program for patient's diagnosed with PD and their carer's</b> – Cathy DeLave BSN, RN, Parkinson's Disease Advocate, AbbVie
<b>September 22</b>	might change date to Sept 29 (potential conflict - World Parkinson's Congress)
<b>October 27</b>	
<b>December 8 *</b>	<b>Holiday Social</b>

Sessions are generally held on **4th Thursday of most months from 1-3 pm** (no meeting in July or November). An asterisk (\*) indicates a schedule or date change (i.e. December holiday).

### Meeting format:

- The first hour (1-2 pm): Educational session with a speaker presentation.
- The second hour (2-3 pm): Two separate breakout style discussion groups - one for people with PD (PwP) and one for spouses, family members, and friends.

**Location:** Hunter Holmes McGuire VAMC, 1201 Broad Rock Blvd, Richmond, VA

**Meeting Room:** 2K-113 Conference Room on 2<sup>nd</sup> floor on hallway near Green "Personnel/Conference" flag.

### Questions?

- Veterans at CBOCs interested in group education sessions, please call to discuss options.
- Non-veterans from the community are welcome to attend.
- Contact Lynn Klanchar, RN, PADRECC Education Coordinator at (804) 675-6952.

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